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Community Association

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Membership Request / Renewal Form

Deer Ridge Community Association memberships are available online at www.DeerRidgeCA.com/Membership/ or you may mail this form along with a cheque payable to:

Deer Ridge Community Association.

The Deer Ridge Community Association membership fee is \$15.00 per household and two membership cards will be mailed to you upon receipt of payment. Your membership also grants you Deer Ridge CA voting privileges at the AGM. We invite all Deer Ridge residents to actively participate in the decisions that shape our community. For volunteer opportunities, please visit www.DeerRidgeCA.com/volunteer/



Deer Ridge Community Association Membership 2022 - 2023

First Name: _____ Last Name: _____

Additional family members: _____

Address: _____

Postal Code: _____ Phone Number(s): _____

Email: _____

** Please note that your email address will be added to our electronic mailing list and used for notifications of upcoming community events, information, and volunteer opportunities.
We use Mailchimp.com to manage subscriber email.*

Thank you for your support!

Deer Ridge Community Association

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Tel: 403-606-7331 | Email: DeerRidgeCA@gmail.com | Website: DeerRidgeCA.com

Facebook: [Deer Ridge Community Association](https://www.facebook.com/DeerRidgeCommunityAssociation) | Twitter: [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

MESSAGE FROM THE BOARD

October is here once again, with its reminder to be thankful for all of the blessings we have here in Deer Ridge. We live in a pretty safe little community; a calm haven compared to what is going on in much of the world, and the Thanksgiving holiday and celebration gives us an opportunity to reflect on how fortunate we truly are in this part of the world. And that's followed by another big event - a moment to let neighbourhood kids of all ages have some fun with spooky decorations and costumes, and lots of treats, before early winter sets into Deer Ridge.

Deer Ridge Streets and Roads

Just a quick reminder that it's time to get those winter tires on and be mindful that the roads will be getting slick soon. Also, it will be Halloween at the end of the month, so please watch for trick-or-treaters on the streets. Remember, they're in unaccustomed costumes and focused on treats, so they may not notice moving vehicles headed their way. Please watch out for our kiddos.

Members' Special Meeting

Many thanks to those members who came out on August 29 to the special meeting called for a membership only vote on the revised bid and budget for the new park shelter that is proposed to be installed at Yellow Slide Park. The park shelter project was approved at the September 2020 AGM, and we are working hard to get it built.

Membership Drive

The annual Deer Ridge membership drive started in August and is still ongoing. It's time to renew/apply for your 2023 to 2024 Deer Ridge Community Association membership. Memberships expire annually on August 31. Memberships are still only \$15 per household. They are available for purchase online, by filling out the form available in the *Deer Ridge Journal* monthly newsletter returning by mail with payment, or by requesting that a form be mailed to you by contacting deerridgeca@gmail.com or 403-606-7331. Your membership contributes directly to the activities and amenities in your community!

Did You Know

Your community association has representation on the Trico Centre for Family Wellness Board and is your voice of the community to the City of Calgary on important issues. We invite all Deer Ridge residents

to actively participate in the decisions shaping your community. Your membership grants you Deer Ridge Community Association voting privileges at monthly meetings and the Annual General Meeting.

Meetings are often attended by your City Councilor and Provincial MLA. Your Calgary Police Service Community Resource Officer also attends meetings and is available for community safety concerns. All residents are welcome to attend and take part in discussions!

If you are already a member, we would like to take this opportunity to thank you for your participation and commitment to your community! If you have not yet applied for your 2023 to 2024 membership, we invite you to add your voice and become a member today. Your membership makes a difference!

Membership Pays!

Did you know that there are local businesses offering a 10% discount on products and services upon presentation of a current Deer Ridge Community Association membership card? Visit our website at <https://deerridgeca.com/community-partners/> to find out more.

Community Gardens

Community garden plot holders will be winding up their season in October. The gardens produced an amazing harvest of organic vegetables for growers and for the food bank again this year. A great big thank you goes out to Mr. Bob Hall and the volunteers who came out to help with all the repairs and rebuilding of plots this year, and for faithfully watering all summer long, especially during this year's extreme hot spells.

City of Calgary Calgary's Parks Plan

The City of Calgary is looking for input as it develops the 20-year plan for developing, redeveloping, and managing parks in Calgary. The plan is to provide policy on how decisions are made for Calgary's municipal parks and determine how, where, and what types of parks to build, as well as how to manage and maintain them. (Note that Fish Creek Park is not amongst these - it is a provincial park). Between October 16 and November 10, 2023, have your say at <https://engage.calgary.ca/parksplan>.

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in ____ seconds.



Deer Ridge Amenities

Deer Ridge amenities include two tennis courts, pickle ball courts, two outdoor rinks for hockey and pleasure skating in winter, or lacrosse in summer, community gardens, four playgrounds, multiple soccer fields, and two baseball diamonds. The eastern edge, including the slope and the upper south-side of the community, is a designated off-leash dog area, as well as a great ridge walk with spectacular sunrise and sunset views. There is even a Little Free Library on the corner of Yellow Slide Park.

All these amenities are maintained through your membership fees, casino funds, and the efforts of many volunteers, all working toward a common goal – to make Deer Ridge a vibrant, friendly, and exciting place to live. If you would like to join us in supporting our community amenities, please become a member, and consider volunteering. Let us know how we can provide you with a way to use your skills and talents and get to know some wonderful people as you work with us to make, and keep, our community great. Connect with us at DeerRidgeCA@gmail.com.

Board Meetings

After a two-month break over the summer, Board meetings have resumed on the third Tuesday of each month. Residents with a current Deer Ridge Community Association membership have voting privileges and are invited to attend and participate in the monthly meetings. If you wish to attend a meeting, please contact us in advance at DeerRidgeCA@gmail.com or call/text 404-606-73331.

Upcoming 2023 Board meetings are scheduled for:

- Tuesday, October 17
- Tuesday, November 21

Please join us and let us know your concerns and answer your questions. Come and hear the reports of the municipal and provincial representatives who also attend. We invite you to come and make your voice heard for the future of our community.



Board of Directors and Community Contacts

EXECUTIVE

President	Don Burdeyney	
1st Vice President	Bob Hall	403-278-6817
2nd Vice President	Vacant	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

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And Get Involved In Your Community.**

DIRECTORS AT LARGE

Director at Large	Lanis Anderson	
Director at Large	Gertrud VanDerMey	

COMMUNITY COORDINATORS

Movie in the Park Coordinator	Open	
Casino Coordinator	Open	
Ice Rink Coordinator	Bob Hall	403-278-6817
Community Garden	Bob Hall	403-278-6817
Tennis Court Coordinator	Larry Lemieux	
Trico Representative	Don Burdeyney	
Newsletter Advertising	Great News Media	403-720-0762
Newsletter Coordinator	Gertrud VanDerMey	
Membership Coordinator	Bob Hall	

OUR VISION: We will be a safe community with established programs and facilities, committed volunteers, and we'll be financially stable.

OUR MISSION: To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.

Community Resources for Vulnerable Citizens

Calgary Alpha House Society provides support to men and women whose lives have been impacted by alcohol and other drug dependencies. Their work positively impacts Calgary communities by providing help to vulnerable citizens. In doing so, we divert individuals away from unnecessary uses of health care, criminal justice, and emergency systems by building relationships and connecting clients to more appropriate resources. Some of Alpha House's resources are listed here. We encourage you to use them where appropriate.

Join us in creating community for everyone.

The DOAP Team

403-998-7388

24/7

Non-emergency number for individuals on the street needing assistance.

Needle Response Team

403-796-5334

Monday to Friday, 8:00 am to 6:00 pm

Mobile unit cleaning up needle and needle debris on public and private property.

Encampment Team

403-805-7388

Monday to Friday, 8:00 am to 4:00 pm

Mobile unit assisting individuals who are sleeping in camps outside.

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Signs You May Have Depression

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.



Good Food Box

The Good Food Box (GFB) is a program through which anyone and everyone can access nutritious fresh produce regularly and affordably. Each Good Food Box contains a combination of fruit and vegetables. The content varies monthly, due to seasonal availability. Typical produce could include an assortment of potatoes, onions, carrots, cabbage, lettuce, apples, oranges, celery, lemon, lime, grapes, avocados, mango and others!

Box Options:

Small Box: \$30 (20 to 25lbs* of fruits and vegetables)

Medium Box: \$35 (30 to 35lbs* of fruits and vegetables)

Large Box: \$40 (40 to 45lbs* of fruits and vegetables)

Place your order by calling Fish Creek United church office 403.278.8263 or email your order to info@fishcreekunitedchurch.ca. Payment must be made when your order is placed. Cash, debit or e-transfer to: e-transfer@fishcreekunitedchurch.ca

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Thank you for supporting the Deer Ridge Movie In The Park!



This is a once a year event that families treasure participating in and volunteers make the event happen!

All children were given a raffle ticket for their chance to win one of the donated prizes.

Throughout the evening Food Bank donations were collected and are greatly appreciated.



There was Sand Art, Henna Art and Bouncy Castle jumping! The gift cards and gifts in kind made for a truly special event. All local sponsoring businesses were mentioned and promoted! **Thank you for your donation!**

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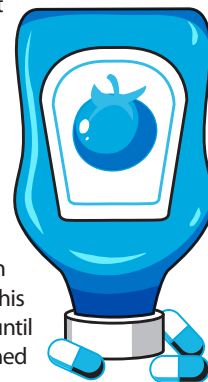
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The Medicinal Condiment

Ketchup is one of the most popular condiments in Canada, with 87% of us having a bottle in our fridge! But did you know that ketchup was once thought to have healing properties? In the 1830s, Dr. John Cook Bennett claimed that it could cure indigestion and jaundice and sold his recipe in pill form. It wasn't until the 50s that such claims turned out to be false.





MLA Calgary - Fish Creek
Myles McDougall
7 – 1215 Lake Sylvan Drive SE
📞 403-278-4444
✉️ Calgary.FishCreek@assembly.ab.ca
📧 @MylesYYC | 📷 MLAFishCreek

I want to take this opportunity to thank the constituents of Calgary Fish Creek who attended my Meet Your MLA Family BBQ on Saturday, September 16, at the Bonavista Downs community centre. It was great to meet so many new faces and to reconnect with others. I am looking forward to our next event coming later this fall. Please keep an eye on our social media for details.

Albertans deserve to be able to access health care services when and where they need it. So, it only makes sense that improving health care is one of the biggest priorities for the government. The Health Care Action Plan will look to recruit thousands of new doctors, nurses and health care aides, reduce wait times, and upgrade hospitals and urgent care centres.

It isn't a fix that can happen overnight, but I believe the government is taking concrete steps to address the issues. The Health Care Action Plan includes improving lab testing and reducing wait times for lab services, working with post-secondary institutions to increase seats in health-related fields, and ensuring Alberta's hospital facilities are upgraded to meet the needs of the communities they serve.

When Albertans access the emergency department it is often during a difficult and stressful time in their lives. Knowing they have access to the care they need in a modern, high-quality facility is invaluable. That's why in Calgary, starting Aug. 29, Albertans in need of emergency care will be able to experience a new and improved Peter Lougheed Centre.

When the hospital originally opened in 1988, the emergency department was designed to accommodate 30,000 to 40,000 patient visits each year. Last year the Peter Lougheed Centre emergency department saw nearly 73,000 patients. When fully finished in 2025, the new emergency department will provide 25 additional care spaces. This redevelopment will ultimately double its size helping to decrease emergency room wait times.

Alberta has the best frontline health care workers in the world, and it's important to me that the government is committed to continually modernizing our health care facilities to make sure doctors, nurses and health care aides can do their jobs and ensure health care facilities continue to meet the needs of Albertans and their families.

Please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

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